

Briefs . . .

Flu vaccine update

The flu vaccine will not be available at the Roadrunner Community Center Monday or Tuesday due to a change in projected shipment dates. For more information on flu vaccine availability, call 916-7FLU (7358).

Health benefits open season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the new Federal Employees Dental and Vision Insurance Program will be held through Dec. 11. For comparison booklets, visit http://apps.opm.gov/rates/non_postal.cfm?year=2007. To make open-season enrollments, changes or cancellations, visit the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or call toll-free 1-877-276-9287.

Neanderthal Trail Run

The Training Support Company will sponsor a Neanderthal Trail Run Friday starting at 7 a.m. at TSC, Building 5130, Camp Bullis. The course is 5.2 miles of rugged, off-road terrain with challenging trails. Unit T-shirts and guidons are welcome; personal hydration systems are authorized. The event is open to military members and Department of Defense employees. For more information or to register, call Staff Sgt. Timothy Ragina at 295-7620 or e-mail timothy.w.ragina@amedd.army.mil.

Legal assistance office closures

The Fort Sam Houston Legal Assistance Office will close Friday for training. The office will resume normal operations Monday. For more information, call 221-2353 or 221-2282.

The Fort Sam Houston Legal Assistance Office, located in Building 134, 1306 Stanley Road, and the Claims Division, located in Building 153, will be closed Nov. 24. The offices will reopen Nov. 27 at regular duty hours. For emergencies, call the on-call officer at 393-3042. For more information, call the Legal Assistance Division at 221-2282 or 221-2353.

Vehicle registration closure

The Directorate of Emergency Services' Vehicle Registration Office, located in Building 367, and the Provost Marshal Office, located in Building 2250, will be closed for an organizational day Friday from 11 a.m. to 4 p.m. For more information, call 221-1404.

2006 Holiday Ball

The Fort Sam Houston 2006 Holiday Ball will be held Dec. 8 from 6 p.m. to 12 a.m. at the Sam Houston Club. Dress is formal attire. Tickets are \$25. For more information or tickets, visit <https://www.cs.amedd.army.mil>.

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Photo by Elaine Wilson

Retired Lt. Col. Sue Brannon plays traditional bagpipes as she leads a procession of military, veteran and civic organizations to the “Circle of Flags” Saturday during the Veterans Day ceremony at the Fort Sam Houston National Cemetery. The event was sponsored by the Fort Sam Houston National Cemetery Memorial Committee.

A fitting tribute

Fort Sam ceremony honors veterans

By Elaine Wilson
Fort Sam Houston Public Information Office

With endless rows of tombstones as a solemn backdrop, hundreds of people from throughout San Antonio gathered Saturday at the Fort Sam Houston National Cemetery to honor those who have served and continue to serve.

The cemetery was a fitting setting for the Veterans Day ceremony; it is the final resting place for about 100,000 veterans, many who paid the ultimate price for freedom.

“Let us seize the opportunity and offer our heartfelt thank you to Americans,” said retired Maj. Gen. Irene Trowell-Harris, director of the Center for Women Veterans, U.S. Department of Veterans Affairs, in her welcoming remarks. “We are blessed as Americans to live in a nation envied the world over for our form of government and our way of life ...

“We enjoy a bounty of goods and services unmatched in all of

the world. For these blessings on this day, we thank our veterans.”

Everyone should take time to honor veterans, said Navy Cmdr. Bradley Lee, commanding officer of the USS San Antonio and guest speaker for the event. “Let’s all take some time out of our busy days to stop and pause for a moment to remember those serving in distant places and lands, doing so, so we can enjoy those liberties that we so often take for granted.”

During his speech, Lee praised the crew serving aboard the USS San Antonio, a ship he called “the most technologically advanced amphibious ships ever built.”

At 684-feet long — the length of 2 1/2 football fields — 105-feet wide and 13-stories high, the USS San Antonio was suitably named, Lee said. “A city that prides itself on being called military city ... what a fitting tribute to have a class of ships that will advance freedom and the ideals of those veterans that we are honoring here today.

See A FITTING TRIBUTE on Page 19



Photo by Elaine Wilson

Barbara George teaches her guests, Pvt. Sierra Kirkland (left) and Spc. Carla Luke, how to dress a turkey with greens on Thanksgiving. George invited the Soldiers into her home last year through the “Adopt a Soldier” holiday program.

Mission Thanksgiving

Families can invite 32nd Medical Brigade Soldiers into their home for a family-style Thanksgiving dinner through the “Adopt a Soldier” holiday program. For more information or to register, call the Army Medical Department Regimental Chapel at 221-4362 or 221-3390.

**Army Medical Department
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Fort Sam Houston Commander**
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Parade honors veterans



Photos by Esther Garcia

Grand marshals for the seventh annual Veterans Day parade salute during a wreath presentation in honor of all veterans at a ceremony at Alamo Plaza prior to the parade. Representatives from the Armed Forces were the grand marshals for the parade this year. (From left) Marine Col. Marc Magram, director, Joint Electronic Warfare Center, Lackland Air Force Base; Brig. Gen. P. K. Keen, commanding general, U.S. Army South; Adm. John B. Nathman, commander, U.S. Fleet Forces Command, and commander, U.S. Atlantic Fleet; and honorary grand marshal, Tino Duran, president, Duran Duran Industries, owner and publisher of three local publications including La Prensa. Saluting behind the wreath are Sgt. Katherine Greyeys (front) and Staff Sgt. Latonya Jones, Army Medical Department NCO Academy. (Far left) Retired Sgt. Maj. Benito Guerrero, Alamo Silver Wings Association, served as the ceremony narrator.



Riding on the military float during the Veterans Day parade are Sgt. 1st Class Tammy Crawley (center), 187th Medical Battalion, Fort Sam Houston; Maj. Michael Denison (left), Brooks City-Base; and Tech Sgt. Torrie White (right), Air Intelligence Agency.



Staff Sgt. Anthony Buckmon, NCO in charge of the NCO Academy color guard, leads Staff Sgt. Willard Sponaugle, Staff Sgt. Robert Bell, Sgt. Gustavo Jimenez and Sgt. David Ekiss during the posting of the colors at the Alamo Plaza. The community gathered at Alamo Plaza Saturday for a wreath presentation ceremony in honor of Veterans Day.



Brig. Gen. P. K. Keen, commander, U. S. Army South, prepares to receive a plaque for his participation in the Veterans Day parade.



Installation Chaplain (Col.) Gil Richardson thanks a veteran for his service to the nation Saturday during the Veterans Day Parade. The chaplain is riding a World War I ambulance. Richardson and his daughter, Grace, joined more than 200 parade entries to celebrate Veterans Day.



(From left) Sue Nathman; Lt. Cmdr. Chad Vincelette, flag aide, commander, U.S. Fleet Forces; and Adm. John B. Nathman, commander, U.S. Fleet Forces Command, and commander, U.S. Atlantic Fleet, wave to the crowd during the Veterans Day parade in downtown San Antonio. The admiral was in town to celebrate Navy Week San Antonio.

Infantryman honored with Purple Heart, Bronze Star

Story and photo by Nelia Schrum
Brooke Army Medical Center Public Affairs

A wounded warrior was honored Oct. 30 with two Purple Hearts and a Bronze Star presented by his father in a ceremony in the Burn Center’s rehabilitation center at Brooke Army Medical Center.

First Lt. James Barclay’s father, Brig. Gen. James O. Barclay III, director of the Joint Center for Operational Analysis – Lessons Learned, awarded the three medals to his son in front of a small group of burn patients, staff, family and friends.

An infantryman assigned to the 10th Mountain Division in Afghanistan, 1st Lt. Barclay received the first Purple Heart for injuries sustained in May. He suffered additional injuries in mid-August from a blast from an improvised explosive device, sustaining burn injuries to 35 percent of his body. The lieutenant was transported to BAMC from Landstuhl Regional Medical Center in Germany by the Burn Team,

arriving at the hospital Aug. 24. Brig. Gen. Barclay said his son wanted a small ceremony with other wounded warriors who had spent the last few months recovering from burn injuries sustained in the Global War on Terrorism. “All too often Purple Hearts are given in places like this (referring to the Burn Center), at hospital rooms, in funeral parlors or graveside,” Brig. Gen. Barclay said. “It gives value to the families and friends of those who have given and paid the price.”

The general said that often the American public doesn’t realize the real cost of the Purple Heart medal or freedom. He said that the wounded warriors recovering at BAMC could count these costs in a very personal way through their own sacrifices. “Even though it is my son today, as I look around the room, I see a large number of Purple Heart recipients, who all too well know what the sacrifices are and

what the cost is,” he said. After receiving the three medals, 1st Lt. Barclay said the Purple Hearts were awards he would have preferred not to receive. “I’d rather be with my guys back in Afghanistan,” he said. “But, I’m lucky to experience the care here.”

The lieutenant said he had met other burn patients who had inspired him and become part of his family. Acknowledging that many people don’t have any idea what burn patients endure, he said he wouldn’t wish burns or the long recovery cycle on anyone. “Every day is another battle,” 1st Lt. Barclay said. “You wake up the next morning and the progress you made two days ago may be gone. I just want to give a round of applause for all the physical therapists and burn patients here.”

The lieutenant thanked his family for keeping his spirits up and keeping him going forward in the recovery process.



Brig. Gen. James O. Barclay III had the honor of presenting his son, 1st Lt. James O. Barclay IV, a Bronze Star and two Purple Hearts Oct. 30 at Brooke Army Medical Center’s Burn Center.



Lonnie Schule points out a tribe’s location on a map of the United States for Lois When. When is part of an organization called “Keetowah The People,” which was formed to educate people of all ages about Native American culture. She and Vel Espinoza travel throughout the country to provide information at schools and powwows.



Powwow honors veterans



Photos by Elaine Wilson
(Above) A dancer performs the fancy shawl dance Saturday at the post’s seventh annual powwow at the 32nd Medical Brigade Central Gym. The powwow included nearly 25 tribes and a variety of dances in honor of Veterans Day and Native American Heritage Month. “Native Americans have always honored veterans,” said retired Lt. Col. Gaylord Lindsay. “We even have songs to honor them.”

(Left) Dominick Nordin helps his sister, Kiera, with the hoop dance. The hoops represent the circle of life with no beginning and no end. “I’m enjoying the colorful clothing and the dances,” said Pvt. Jessica Underwood, of A Company, 264th Medical Battalion.

Fisher House receives donation

Curtis Beauchamp, Worldwide Military Banking Wells Fargo representative, presents a \$2,500 donation to Inge Godfrey, director, Brooke Army Medical Center Fisher Houses, and to Ray Holmes, director of the Lackland Fisher House, Inc., Nov. 7 during the Celebrate America’s Military Week dinner at the Marriott Rivercenter Hotel.



Photo by Esther Garcia

Ride for warriors

(From left) Col. J. M. Harmon, Army Medical Department Center and School, and Brig. Gen. Mark Graham, deputy commander, Fifth U.S. Army, join Military Order of the Purple Heart members Harry Smart, Walter Chadwick, Mike Lester and Tony Roman to congratulate Sgt. Jason March, who represented wounded warriors at Brooke Army Medical Center, during the Texas Honor Ride rendezvous at Fort Sam Houston’s Salado Creek Park. More than 850 motorcyclists from throughout Texas rode to Fort Sam Houston Saturday to raise money for the Soldier and Family Assistance Center. March accepted the donation on behalf of wounded warriors and their families.



Courtesy photo

Deputy surgeon general retires

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information Office

MacArthur Parade Field was a hub of pomp and circumstance Nov. 9 as Maj. Gen. Joseph Webb, U.S. Army deputy surgeon general, officially retired from active duty.

With many distinguished guests, visitors and friends in attendance, Webb’s retirement ceremony featured the alignment of troops, honors, troop inspection, colors and commanders forward, honor to the nation, an awards presentation, remarks, posting of the colors and a pass in review.

The reviewing officer, Lt. Gen. Kevin C. Kiley, Army surgeon general and commanding general, U. S. Army Medical Command, assisted Webb with the inspection of the assembled troops. The ceremonial Humvee was driven by Sgt. Mark Fultz.

Following the inspection, the commander of troops presented the national, the Army, the Army Medical Department Regimental and the AMEDD Center and School colors.

With his wife, Dr. Anne Compton, at his side, Webb was awarded the Distinguished Service Medal, followed by the retirement certificate. Compton was recognized and presented the Commander’s Award for Public Service and Certificate of Appreciation.

Kiley, during opening remarks, commended the Soldiers on the field, “You look absolutely outstanding,” he said.

“Today we have to say goodbye to Maj. Gen. Joe Webb. He is fiercely dedicated to our AMEDD. As the deputy surgeon general, he has been nothing short of brilliant,” Kiley said.

“Joe, I’m sorry to see you go, but there is a lot of excitement ahead of you in Fredricksburg, Va.,” concluded Kiley. “Your great career is coming to an end, but you have another great career ahead of you.”

As Webb took the place at the podium, he lightened the occasion. “The more I am in San Antonio and taking part in a ceremony like this, I am convinced this the absolute best place in the world to do this kind of ceremony. And, it is due to a number of things, like the Medical Command band, the Soldiers and the audience. We have a lot of current military, prior military, retirees we call them. That group of retirees is getting younger the older I get. And, of course, the community,” said Webb.

“I could spend a long time telling you what I’ve seen over my extended career. But, I will spare you the history lessons. As we look toward the future, we could use Fort Sam Houston as an example of simple transitions, a way to better integrate the civilian and military. We will see many changes.

“Am I going to miss it? You bet I am! But, I know the next couple of decades at least, are in great hands because of Soldiers like you.

I would love to stay on, but the reality is, I have done about all I can do. I envy those who remain to face the challenges that are coming, and those who are already here. But, you will do a great job. Thanks for your support and thanks for what you will continue to do for our nation,” concluded Webb.

Webb’s military career spanned a number of continents, various commands, staff, teaching and research positions to include chief of oral medicine at Fort Meade,



Lt. Gen. Kevin C. Kiley, Army surgeon general and commanding general, U.S. Army Medical Command, presents Maj. Gen. Joseph Webb (left), U.S. Army deputy surgeon general, with the Distinguished Service Medal and the Certificate of Retirement Nov. 9 in a ceremony at MacArthur Parade Field. Webb’s wife, Dr. Anne Compton, was presented the Commander’s Award for Public Service and a Certificate of Appreciation. Assisting Kiley is Command Sgt. Maj. David Eddy.

Md. In June 2004, Webb became the U.S. Army deputy surgeon general.

His military awards include the Defense Superior Service Medal, the Legion of Merit, the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, the National Defense Service Medal and the Army Service Ribbon, to name a few.

Webb and his wife, Anne, will make their home in Fredricksburg, Va. They have three sons.

Disaster response team wraps up yearlong training

By Bob Purtiman
U.S. Army North Public Affairs

CHICAGO — The Defense Coordinating Element for Region V culminated a year of training with a communications exercise Nov. 5 at Naval Station Great Lakes, Ill.

Using a recently acquired satellite communications truck called the Emergency Response Vehicle, the Chicago-based DCE put the finishing touches on almost a year of training, equipping and preparing for response to man-made and natural disasters.

Assigned to the Fort Sam Houston-based U.S. Army North, DCE Region V is one of 10 teams working every day with disaster response experts from communities, states and the Federal Emergency Management Agency.

The element members said they are ready for the call. “We are prepared to deploy,” said Col. Mike Chesney, Region V defense coordinating officer. “We are fully functional and fully trained. I’m confident in my team and their ability to provide the assistance.”

The training exercises taught the team some valuable lessons.

“We learned that we need to be prepared,” said Lt. Col. Sharon Williams, Region V deputy DCO. “We need to plan and practice, practice and practice. You can have all of your plans on the shelf but if you never exercise them, it’s not going to do you any good in time of a disaster.”

Another key lesson learned was jointness, according to

Maj. Steve King, Region V operations officer.

“We are part of U.S. Army North, but we really represent (the Department of Defense),” he said. “The fact that we represent DoD influences our day-to-day planning and is a key factor in developing our training.”

All of the team members agree that they hold important jobs — whether working out of their office in downtown Chicago or deployed to a disaster site.

“In peacetime, I consider our job important, but if an incident were to occur, others would know that we are definitely important,” said Region V senior operations officer Russell Maziarka. “We are that single representative of the DoD for whatever the civilians need from us.”

Possibly one of the most important jobs on the team goes to communications NCO, Sgt. 1st Class Melissa Brown. She is responsible for the operation of the Emergency Response Vehicle and its systems. Without satellite communications capabilities, the team’s job during a contingency would be extremely difficult.

“Performing the homeland security mission and work-



Courtesy photo
Sgt. 1st Class Melissa Brown, Region V communications NCO, describes the capabilities of U.S. Army North’s Emergency Response Vehicle to Rear Adm. Jon Bayless, commander, Navy Region Midwest, during a communications exercise Nov. 4 at Naval Station Great Lakes, Ill.

ing with FEMA is a great opportunity,” Brown said. “I feel privileged that I was chosen for this position.”

“I can’t measure the job satisfaction I get because we’re helping so many people — it’s amazing,” Williams said.



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Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Pet owners have access to on-post veterinary care

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

When “PCSing” to another state, finding a good veterinarian for the family pet can be just as difficult as finding a good medical doctor for family members. It takes research and time to find a vet who is up-to-date on care, as well as reliable and honest.

A little-known fact is that the U.S. Army Veterinary Corps has a Veterinary Treatment Facility at Fort Sam Houston. The VTF offers the same state-of-the-art medical systems, procedures and services that other outside veterinary clinics do — at an affordable price.

The VTF offers numerous services for dogs and cats, to include vaccinations for rabies, distemper/parvo and kennel cough; de-worming; heartworm testing; micro-chipping; minor sick calls; prescription medications; blood tests; radiology; health certificates; and elective surgery within constraint.

The Army is the only branch of the military that has clinical veterinarians, and their mission is to provide care to dogs in the military.

“Our primary mission is to keep military working dogs healthy; it’s a big job because we are responsible for the military dogs at Randolph, Lackland and Laughlin air force bases; U.S. Customs; and the San Antonio International Airport,” said Staff Sgt. Chris Nestor, veterinary technician.

Their secondary mission is to provide the highest quality veterinary medical care and preventive medicine possible to military families and their pets. They also support the Randolph and Lackland VTFs with a staff of 10, which includes a full-time U.S. Army and a civilian vet-



Staff Sgt. Chris Nestor and Pvt. Amanda Holmes, veterinarian technicians, give “Champ” an annual health checkup at the Fort Sam Houston Veterinary Treatment Facility.

erinarian, five veterinary technicians and three receptionists.

The VTF treats horses, too. The vets provide health care to the Morale, Welfare and Recreation horses and caissons on post. They also have a vet technician assigned to Lackland Air Force Base. “In addition, we occasionally provide a very limited amount of sick call to privately owned horses. The support is always contingent on our mission requirements at the time,” Nestor said.

When asked about what part of the job he likes the best, Nestor said he enjoys “all of my job, from manag-

ing to mentoring the troops, giving vaccines and taking care of the clients and their pets. It is very rewarding, knowing that when a client walks out the door with their pet, they are satisfied, and that I have given them the knowledge on how to give their pets a long and healthy life.”

Visitors to the VTF should be aware of a few guidelines. VTF services are by appointment only; children are discouraged from being in the clinic for safety reasons. Pet owners must present a valid military ID card for services, and pets must be on a leash or in a carrier. The VTF has a no-show policy; appointments must be cancelled in advance. Additionally, pet owners should have a civilian veterinarian on-call because the VTF doesn’t provide emergency services.

The VTF is open Mondays through Fridays from 8 a.m. to 4 p.m. and one Saturday a month; the facility is closed on or about the last working day of every month for inventory. The facility is located in Building 2635, next to the Harlequin Theatre on Harney Road. For more information, call 295-4260.

Price adjustment

The prices on certain preventatives at the Fort Sam Houston Veterinary Treatment Facility have been raised due to rising purchase costs. The following preventatives are affected:

Frontline Plus 0-22 lbs 3-pack	\$30.50
Heartguard Plus Blue 6-pack	\$15.75
Heartguard Plus Brown 6-pack	\$30
Heartguard Plus Green 6-pack	\$22.75



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.
To submit a story or idea or for more information, call 221-0615, e-mail news. leader@samhouston.army.mil or stop by the office in Building 124 (second floor).



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

Let’s talk turkey!

Food safety prevents sickness from spoiling Thanksgiving meal

Don’t spoil the fun this Thanksgiving with unsafe handling and preparation of holiday turkeys. The U.S. Department of Agriculture recommends only buying frozen, prestuffed turkeys that display the USDA or state mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

However, if purchasing a fresh turkey:

- Allow 1 pound of turkey per person.
- Buy the turkey one to two days before cooking.
- Keep it stored in the refrigerator until ready to cook. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh, pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

If purchasing a frozen turkey:

- Allow 1 pound of turkey per person.
- Keep frozen until ready to thaw.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within one year for best quality. Do not thaw frozen, pre-stuffed turkeys before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.

There are three ways to thaw a turkey safely: in the refrigerator, in cold water or in the microwave oven.

Refrigerator thawing

If thawing in the refrigerator (40 degrees Fahrenheit or below), allow about 24 hours for every 4 to 5 pounds. Keep the turkey in its original wrapper. Place it on a tray or pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for one to two days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

Thawing in cold water

If thawing in cold water, allow about 30 minutes per

pound. Wrap the turkey securely, making sure the water is not able to leak through the wrapping. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

Thawing in microwave oven

Check the owner’s manual for the turkey size that will fit in the microwave oven, the minutes per pound and power level to use for thawing. Remove all outside wrapping, place on a microwave-safe dish to catch any juices that may leak and cook the turkey immediately. Do not refreeze or refrigerate the turkey after thawing in the microwave oven.

Cooking safety

A whole turkey should be cooked to 180 degrees Fahrenheit. To check the temperature, insert a food thermometer in the thickest part of the inner thigh without touching the bone. A turkey breast should be cooked to 170 degrees Fahrenheit. Insert a food thermometer in the thickest part of the breast to check for doneness. If the turkey has a “pop-up” temperature indicator, it is recommended to also check the internal temperature of the turkey and center of the stuffing with a food thermometer: 165 degrees Fahrenheit for stuffing, 170 degrees Fahrenheit for breasts and 180 degrees Fahrenheit for whole turkeys. It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork. Remember to always wash hands, utensils, the sink and anything



else that comes in contact with raw turkey and its juices with soap and water.

Storing leftovers

- Discard any turkey, stuffing and gravy left out at room temperature longer than two hours; one hour in temperatures above 90 degrees Fahrenheit.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey and stuffing within three to four days. Use gravy within one to two days.
- If freezing leftovers, use within two to six months for best quality.

For more information about food safety, call the U.S. Department of Agriculture meat and poultry hotline at 888-674-6854 Monday through Friday from 10 a.m. to 4 p.m. or visit www.fsis.usda.gov.

(Source: U.S. Department of Agriculture)

‘Stub it out for Smokeout’

Tobacco users encouraged to quit for a day

By Julie Bissell
Nurse Educator, Tobacco Cessation

The American Cancer Society will sponsor the 30th anniversary of the Great American Smokeout today. The theme for this year’s Great American Smokeout is

“Stub it out for Smokeout.”

The Great American Smokeout, a day when tobacco users are encouraged to quit for a day, has played an important role in increasing awareness about the risks of using tobacco and its harmful health effects. As a result, state and local govern-

ments have banned tobacco use in work-places and public areas, raised taxes on tobacco, limited advertising for tobacco products and offer programs to discourage tobacco use in teenagers.

An estimated 44.5 million U.S. adults currently smoke. Tobacco use can cause many types of cancers, to include lung, lip, oral cavity, esophagus, larynx, uterine, cervix, bladder, kidney, as well as heart and respiratory diseases. Tobacco use also causes premature wrinkling of the skin, bad breath and yellow fingernails.

Each year, smoking is responsible for one in five deaths. According to the American Cancer Society, people who quit smoking before age 35 will avoid 90 percent of the heath risks caused by tobac-

co. Even those who quit later in life can reduce their risk of dying at a younger age.

The Great American Smokeout offers the perfect opportunity for tobacco users who would like to quit. The nationally recognized event offers public support to those who are giving up tobacco for the day.

Any tobacco user who wants to quit can participate in the Great American Smokeout.

For more information, visit the American Cancer Society Web site at <http://www.cancer.org>, call the American Cancer Society at 1-800-ACS-2345 or the Health Promotion Center at 916-3352.



Photo by Cheryl Harrison

‘Cold turkey’ event at BAMC

The Brooke Army Medical Center Health Promotion Center will be in the Medical Mall today from 8 a.m. to 2 p.m. to hand out quit incentives. Local celebrity Greg Simmons, KSAT-12 sportscaster, will be on hand to encourage quitters from 11 a.m. to noon. Anyone who registers to quit may be eligible to win one of three “cold turkeys” for their Thanksgiving table.

Parents, children develop sports skills through ‘Start Smart’

Parents with children enrolled in the Fort Sam Houston Child Development Center have an opportunity to help their children develop sports skills through a unique national program.

The Start Smart Sports Development Program is focused on parents who want to help their child develop basic motor skills, such as throwing, catching, kicking and batting; skills needed to participate in sports. It teaches parents the proper way to develop those skills with their children while building confidence that will enable them to enjoy participation in youth sports programs.

“We are excited about being chosen to be part of this national program,” said Jill Marcott, from the CDC. “We are always

looking for innovative ways to help improve youth sports and this program certainly helps.”

The program is open to youth ages 3 to 5 who attend the CDC.

The first six-week session of Start Smart began Monday at the CDC. Sessions are Mondays through Fridays from 8:30 to 11:30 a.m., and will be held year-round.

The program is administered by the youth development section of the nonprofit National Alliance for Youth Sports based in West Palm Beach, Fla.

For more information or to sign up, call Jill Marcott, Lisa Schott or Yolanda Crowley at 221-5013 or 221-5002.

SPORTS BRIEFS . . .

Tough ‘Ombre 10K Run

The 26th annual Tough ‘Ombre 10K Run will be held Dec. 9 at 9 a.m. at McAllister Park, 13102 Jones-Maltsberger Road in San Antonio. The Tough ‘Ombre 10K is the oldest certified race in Texas. All registrants will receive a T-shirt. The fees are \$20 for 10K, \$15 for 5K and \$10 for 3K. The four-person team for the 10K is \$70. For more information, call Cheryn at 830-336-4543, e-mail cheryn@gvtc.com or visit www.active.com to register online.

Intramural bowling

Letters of intent for intramural bowling are due by Dec. 5. Letters should be mailed to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas, 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Dec. 12 at 1

p.m. at the Fort Sam Houston Bowling Center. The season begins Jan. 9. For more information, call 221-1180 or 221-1234.

Basketball players needed

The Fort Sam Houston men’s basketball team is in need of players. For more information, call 221-1180.

Basketball coach needed

The Fort Sam Houston women’s basketball team is in need of a coach. For more information, call Earl Young at 221-1180.

Intramural flag football standings

Final standings - Nov. 8

Team	Win	Loss
264th Med Bn	8	0
BAMC	6	2
DENTAC	2	6
201st MI	2	6
187th Med Bn	2	6

Playoffs began Nov. 9.



Courtesy photos



BOOwling Bash

Housing residents of all ages attended the Lincoln Military Housing’s Halloween BOOwling Bash Oct. 30 at the bowling center. The winner of the kid’s coolest costume contest received family movie passes. Residents were also encouraged to stop by the housing office on Halloween for treats and to see the housing staff in costume. For photos and upcoming activities, visit Lincoln Military Housing’s interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

Décor of the month

Along with a November Yard of the Month, Lincoln Military Housing will judge homes for Fall Décor of the Month. The winning residents will receive a \$50 gift certificate for Home Depot. The four winners will be notified by Dec. 5. Neighborhood mayors and residents are encouraged to make recommendations. Nominations may be submitted in person at the Family Housing Office or via e-mail to questions@samhoustonlpc.com.

October Survey of the Month

Chinette George

October Yards of the Month

439 Graham 111 Artillery Post
5200-A Barkley Circle 3010 Foulois Pass

October Décors of the Month

5260-A Barkley Circle 3826 Garden Avenue
441 Graham 443 Graham



Brother assists Fort Sam officer with promotion in Iraq

By Sgt. 1st Class Jennifer Schwind
U.S. Central Command Public Affairs

CAMP VICTORY, Iraq — A Fort Sam Houston officer was promoted to the rank of lieutenant colonel during a ceremony in Al Faw palace at Camp Victory, Iraq.

Andy Cornett’s brother, 1st Sgt. Juan Cornett, of Fairbanks, Alaska, had the honor of “pinning” him, making the event special for the deployed brothers.

“It is so rare that any of us will ever see siblings together, deployed someplace serving their country in combat, and this is one of those special moments that all of us feel good being part of,” said Brig. Gen. Dana Pittard, commander of the Iraqi Assistance Group, as he opened the promotion ceremony.

“This is outstanding,” said 1st Sgt. Cornett, about

being here to pin on his brother’s new rank in a palace in Baghdad. “Both the opportunity to do this in a place like this, and that I get the chance to spend a couple more months with my brother.”

Both brothers are deployed to Iraq in support of Operation Iraqi Freedom. Lt. Col. Cornett recently arrived in Iraq with the National Police Training Team 6273. He will serve as a team chief of an 11-man embedded transition team which will advise, coach, teach and mentor the Iraqi Security Forces.

First Sgt. Cornett is a member of A Company, 4th Battalion, 23rd Infantry Regiment, 172nd Stryker Brigade. He has been in theater for 13 months after his original yearlong tour was extended for an additional three months.

“As I told our mom, it’s bittersweet, actually, because I got a chance to see him here versus him being gone,” said Lt. Col. Cornett.



Courtesy photo
Lt. Col. Andy Cornett, of Fort Sam Houston, receives the rank of lieutenant colonel from his brother, 1st Sgt. Juan Cornett, while Brig. Gen. Dana Pittard, commanding general, Iraq Assistance Group, looks on. The brothers are both deployed in support of Operation Iraqi Freedom.

Troop Salute

232nd Medical Battalion



Soldier of the Week
Name: Spc. Samuel Garcia
Unit: F Company
Hometown: San Antonio
Reason for joining the Army: To serve my country and pay off college loans



Junior Leader of the Week
Name: Pfc. Lindsay Wingo
Unit: F Company
Hometown: Columbus, Mo.
Reason for joining the Army: To serve my country and fight for freedom. I joined the Army to be a medic and to spare the lives of my comrades so they can be brought back to their families.



Photo by Jayne Hatton

Solemn tribute

Sandi Vasquez, first grade teacher at Fort Sam Houston Elementary, sounds “Taps” to teach first grade students about the significance of the bugle call as well as the importance of Veterans Day. Taps is sounded at funerals, wreath-laying and memorial services.

Post Pulse: Why is it important to honor veterans?



“We pay respect to veterans because they gave us all the freedoms we have.”
Retired Lt. Col. Joe Duarte



“We celebrate Veterans Day to let young men and women know we are the land of the free and home of the brave. Our young men and women in Iraq and Afghanistan, they’re the brave. And we are the land of the free. Old men like myself, we were, at one time, the brave.”
Retired 1st Sgt. Rodolfo Salazar with Candy Sixtos



“We celebrate Veterans Day to honor the veterans who go out there to defend our country and our rights as U.S. citizens.”
Fred Rodriguez
Korean War veteran



“Veterans are one of our most valuable resources. They represent the ideals our country was founded on. The support after they return (from war) is crucial. They need the support just as much as those who preceded them.”
Nick Mills
30-year Air Force veteran

Members of the Joint Service Color Guard stand at attention during the national anthem Saturday at the Veterans Day ceremony at the Fort Sam Houston National Cemetery.



Photos by Elaine Wilson



Navy Cmdr. Bradley Lee, commanding officer of the USS San Antonio, reminds the audience at the Veterans Day ceremony to “remember those serving in distant places.”



Civic leaders, along with local Boy and Girl Scouts, walk to the “Circle of Flags” to present wreaths in honor of veterans.



The U.S. Army Medical Command Band provides a musical prelude to the Veterans Day ceremony.



The Texas Children's Choir entertains the audience with a concert accompanied by the U.S. Army Medical Command Band. The choir, in its fifth year, provides choral music for military, civic, community, school and church events and services. Among its many performances nationwide, the choir has sung for President George Bush and the First Lady.

A fitting tribute

Continued from Page 1

“We, the USS Antonio, also carry the famous words that define the spirit of the Alamo and the city of San Antonio – ‘Never retreat and never surrender’ is our ship’s motto,” he said.

Lee said the ship’s purpose will be to “advance freedom.” However, “we cannot be the most powerful force in the world ... without the support of great Americans like those found here in San Antonio,” he said. “It will approach distant shores with an assured confidence that the American people will continue to stand behind them long after they hang up their uniforms.”

And, thanks to our veterans, “Every day we enjoy a rich life, a life filled with assurance that loved ones will be protected, that property will be secure and we have the ability to pursue our dreams,” Lee said.

Lee concluded by reminding people of the many sacrifices military members and their families must make to ensure the nation’s freedom.

“As we stand in the shadow of (Brooke Army Medical Center), temporary home to many of our current heroes from this Global War on Terrorism, continue to remember that we live in a country that protects and takes care of those who give their lives ... but continue to remember that freedom is not free,” he said.

After a musical tribute by the Texas Children’s Choir and U.S. Army Medical Command Band, military leaders from every service presented wreaths, a colorful tribute to veterans worldwide.

Later, representatives from the military and veterans and civic organizations gathered to present wreaths and banners under the shadow of the half-mast flag. The procession was filled with older veterans dressed in well-preserved uniforms, many who braved battles in distant places like Korea and Vietnam. They offered a living reminder of the ceremony’s purpose.

“It’s important to honor veterans,” said Fred Rodriguez, a Korean War veteran. “They go out there and defend our country, sacrifice to protect our rights as U.S. citizens.”

William Trower, cemetery director, encouraged the attendees to visit the cemetery again. “I’d like to invite each of you to return to this national cemetery some time in the near future. I hope you will take a few moments to walk these grounds and reflect on the enormity of the sacrifices that have been made on our behalf.”

State Representative Charles Gonzales, U.S. Congressional District 20, said he hopes Veterans Day isn’t the only day throughout the year that people remember those who have sacrificed. “Veterans Day should be a day that we start practicing what we’re preaching today — the remembrance, the appreciation. It should be reflected in all our national policies and what we owe in our responsibilities and our duties to our veterans.

“Let’s put some action to our words today, as far as the other 364 days.”



Members of the Memorial Services Detachment present a three-round volley gun salute at the conclusion of the Veterans Day ceremony.



State Representative Charles Gonzales, U.S. Congressional District 20, greets a veteran after the ceremony. He urged people to remember veterans year-round, not just on Veterans Day.

Mission Thanksgiving 2006

Celebrate this great American holiday with some great Americans -- our sons and daughters in uniform.



If you want to open your home to two of Fort Sam Houston's trainee Soldiers for Thanksgiving Day, call 221-4026 or 221-4362



get the keys

friends don't let friends drive drunk

U.S. Department of Transportation

Ad Council

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Service: 12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays

Protestant Service: 9 a.m. - Sundays

Christian education: 10 a.m. -Sundays

Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:

9:30 a.m. - Sundays at Evans Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

Catholic religious education registration

Registration for Catholic religious education for first holy communion and confirmation classes is now in progress. To enroll a child or for more information, call Brian Merry at 221-5006 or e-mail brian.merry@sam-houston.army.mil.

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are wel-

come. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.

Fall Bible studies for OCF

The Fort Sam Houston Officers' Christian Fellowship will host Bible studies Sunday and Dec. 3 and 17. Studies will be held from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center -West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.

Events

Pony Express Christmas Courier

The Annual Pony Express Christmas Courier Swearing-In Ceremony will be held Saturday at 10 a.m. at the U.S. Post Office, across from the Alamo. The ceremony, sponsored by the Alamo Area Council of Governments and the Alamo-La Bahia Corridor Committee, is free and open to the public. There will be entertainment at the historic Menger Hotel following the ceremony. For more information, call Burma Hyde at 362-5220 or visit www.aacog.com/tourism.

VFW Post 8541 luau

The Veterans of Foreign Wars Post 8541 will host a Veterans Appreciation Luau Sunday from 2 to 6 p.m. The VFW Post 8541 is located at 2222 Austin Highway in San Antonio. Free food, live music and refreshments will be served. For more information, call 655-2944 or visit www.vfwpost8541.org.

Free holiday messages

The Stars and Stripes newspaper will offer a free holiday message posting service Nov. 6 to 27 for service members and families separated during the holidays. Messages will be published in the Dec. 16 editions of the Stars and Stripes — Europe, Pacific and Middle East. Submit early; messages are selected on a “first-come, first-served” basis. People can view posted messages beginning Dec. 16. Stars and Stripes can only publish messages received online and in English. To send a free message, visit www.estripes.com and click on the “holiday messages” button.

Thanksgiving food drive

Operation Homefront will sponsor a Thanksgiving food drive through Monday. People can drop off non-perishable food items and gift cards at any San Antonio Mattress Pro today and Friday from 10 a.m. to 8 p.m., Saturday from 10 a.m. to 7 p.m. and Sunday from 12 to 6 p.m. For more information or for active duty military personnel, E-1 to E-6, needing assistance with a Thanksgiving dinner, call Karla Ayala at 659-8039 or e-mail texas@operationhomefront.net.

USO Thanksgiving meal

United Services Organization Downtown will host a Thanksgiving meal for all military and their families Thanksgiving Day from 11:30 a.m. to 2:30 p.m. at the downtown community center, 420 E. Commerce St. All military are invited to share this joyous event with their USO family and volunteers. The Boudro’s on the Riverwalk will provide the meals and H.E.B. will provide the pastries. For more information or to attend, call Julie Nichols at 227-9373, ext. 12.

Pandemic influenza

The Cody Branch Public Library will host a seminar on pandemic influenza Nov. 28 from 7 to 8 p.m. at 11530 Vance Jackson Road. The guest speaker, Tracy Brown of the San Antonio Metro Health Department, will give advice on how people can protect themselves and their family from the flu. The event is free and open to the public. For more information, call 696-6396.

Trinity Christmas Concert

Trinity University’s annual Christmas Concert will be held Dec. 1 at 8 p.m. in Trinity’s Laurie Auditorium. The concert will feature members of the Trinity Choir, the University Chorus, the Trinity Symphony Orchestra, the Symphonic Wind Ensemble and the Parker Handbell Choir. The concert is free and open to the public; no reservations or tickets are required. For more information, call the Trinity music department at 999-8212.

Tree of Angels dedication

The San Antonio Victims Advocacy Council invites families and friends of victims and survivors of violent crime to the fourth annual Tree of Angels dedication Dec. 2 at 6 p.m. at the Madison Square Presbyterian Church, 319 Camden St. Bring

an angel ornament to place on the tree. A reception will follow in the church hall. The event is free and open to the public. For more information, call Linda Miranda at 226-0303, ext. 229.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerk@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets the third Monday of the month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout at 590-2642 or e-mail bstrout@texas.net, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

Training

Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from “Year Group 04” to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

Employment assistance for families

The Family Member Employment Readiness Assistance program offers standard job search assistance as well as career counseling for those contemplating a career change. The assistance program provides training in Microsoft software applications, administrative and clerical job skills, and one-on-one counseling tailored to the needs of the individual. For more information, call Gabriele Dias at 221-0516.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center,

Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. Students will participate in beginners, intermediate and advance level classes with individualized group instruction. The ESL classes are sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program. For more information, call 221-2418.

Undergraduate evening studies

A St. Mary’s University representative will be available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary’s, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

Army ROTC Lateral Entry Program

The University of Illinois Army ROTC Lateral Entry Program is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into the ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Green to Gold briefings

Fort Sam Houston’s Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. The briefings will be held through Wednesday at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley Road and New Braunfels Avenue. Army ROTC cadre from local universities and the 12th ROTC Brigade Recruiting Office will conduct briefings and answer questions. For more information, call Capt. Varela at 458-5607 or Amy Gagnon at 295-2005.

Green to Gold program

The Army ROTC at the University of Illinois at Champaign-Urbana seeks talented enlisted Soldiers who want to earn bachelor’s degrees. Enlisted Soldiers with officer potential and with at least two years on active duty are eligible to participate and enroll in Army ROTC through the Green to Gold Program. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Computer certification

St. Mary’s University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary’s University education office

A St. Mary’s University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

Free eye exams

The Ophthalmology Department at Wilford Hall Medical Center will offer free eye exams Friday for military beneficiaries over age 65. The clinic will provide exams for glasses prescriptions, glaucoma screening, cataract evaluations and age-related macular degeneration screening. No consult is necessary. For more information or appointments, call 292-6583 or 292-4415 or stop by the Ophthalmology Clinic, Room 1147.

Endodontics patients needed

The endodontics department at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

Holiday ‘eCarePackages’

Adopt a service member or military family for the holidays by sending an “eCarePackage” online. “eCarePackage” is an extension of Operation Homefront, which is a national non-profit organization that provides emergency support and morale to military troops. Visitors can select individual items to create a customized care package and a personal message for their chosen service member or family. To register, visit www.ecarepackage.org. For more information, call Meredith Leyva at 850-438-5710, e-mail cinc@cinhouse.com or visit www.operationhomefront.net.

‘Sportsmen Against Hunger’

The Safari Club International Foundation challenges North American hunters to give part of their harvests from this year’s hunting season to the hungry as part of the “Sportsmen Against Hunger” program. To donate, visit www.sci-foundation.org/humanitarian/sah. The Web site includes information on game processors and relief organizations throughout the United States. For more information, call Eva Wilson at 520-620-1220, ext. 480 or e-mail ewilson@safariclub.org.

Host families needed

The “SHARE!” High School Exchange Program seeks families to host six teens from China as foreign exchange students for the school spring semester. The students speak English and have medical insurance and a spending allowance. For more information, call Yvette Coffman at 800-941-3738 or visit ycoffman@sharesouthwest.org.

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the downtown community center and the San Antonio airport. Volunteers in the downtown center will serve as greeters, servers and cooks, and volunteers at the airport will staff the reception center. For more information, call Luis Sandoval at 227-9373, ext. 11 or e-mail lsandoval@alamouso.org.

Girl Scouts need volunteers

Girl Scouts in the San Antonio area are looking for adult volunteers to become troop leaders, event planners and board members for the Cole service unit located on Fort Sam Houston. Volunteers are needed to help build girls with courage, confidence and character. People with a particular interest or talent could make a big difference in the life of a young girl. Volunteers do not have to have a daughter to help. For more information, call Sandi Juni at 257-9319 or Maria Forte at 221-6277.

USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the following areas: the airport reception center, the downtown community center, events and programs, and the business office. For more information, call Julie Nichols at 227-9373, ext. 12 or e-mail jnichols@alamouso.org.

Children’s Shelter seeks families

The Children’s Shelter seeks new foster and adoptive parents to care for children in Texas. Children’s ages range from newborn to 17 years old. The Children’s Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: 1992 Ford conversion van, loaded, \$3,300; two hard shell car and van top luggage carriers, large, \$75; or small, \$30; computer desk, \$50. Call 659-6741.

For Sale: Cherry wood dinette table with six chairs and two-piece dish cabinet, two end tables and coffee table, \$999; clothes dryer, \$100. Call 650-4973.

For Sale: A.K.C Saint Bernard puppies, parents on site. Call 661-6944.

For Sale: Eight-piece cherry wood bedroom set, includes mirror, nightstand, five-drawer chest, mattress and queen sleigh bed with side rails, \$800 obo. Call 826-7434 or 295-0151.

For Sale: Dining room set with six chairs, glass tabletop, black frame, beige floral pattern chair cushions, \$300 obo. Call 670-0051.

For Sale: Massage table with accessories, \$250. Call 363-0141.

For Sale: Seven-foot couch, Southwest print, \$25; Sauder TV cabinet, fits 32-inch TV, dark wood, many doors and shelves, in excellent condition, \$125; Sony Trinitron 27-inch TV, in excellent condition, \$125. Call 475-9973.

For Sale: Black & Decker portable storage shed, 8 feet by 6 feet, \$350; oak roll top computer desk with oak swivel

chair, \$100; mirrored dresser, \$75; metal canopy with pavilion, \$50. Call 659-5537.

For Sale: Paint filly horse, born in 2005, \$750; paint gelding horse, born in 2003, \$750. Call 445-4299 or visit www.wawhite.net/sale.

For Sale: 2000 Lincoln Town Car, signature series, burgundy exterior, oyster interior, 48.5K miles, mint condition, \$12,050 obo; 2000 Honda Accord SE, four-door, beige exterior and interior, 62K miles, in excellent condition \$10,200 obo. Call 830-632-6239.

For Sale: 1996 Ford Taurus, silver, four-door, V6, 95K miles, automatic, auto-

matic locks with remote and keyless entry, moon roof, power steering and brakes, adjustable middle console, built-in child seat, under warranty, in great condition, \$3,700. Call 764-7089.

For Sale: 2001 Ford F150 King Ranch Super Crew short bed, four wheel drive, V8, automatic, power window and locks, leather seats with front seat heating, topper, bed liner, bug guard, window valances, lighted visor and running boards, home link, AM/FM, cassette and multi-CD, towing package, two-tone burgundy and gold, many extras, 93K, \$13,550. Call 557-4586.